

APPENDIX – D

Label Examples for Cereal and Cracker Products

NUT CONTAINING WHOLE GRAIN CEREAL EXAMPLE

Nutrition Facts			
Serving Size 1 cup (59g)			
Servings Per Container (15.5 oz) about 7			
Amount Per Serving		Cereal	Cereal with 1/2 cup Fat Free Milk
Calories		240	280
Calories from Fat		50	50
% Daily Value**			
Total Fat 6g*		9%	9%
Saturated Fat 0.5g		3%	3%
Trans Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 2.5g			
Cholesterol 0mg		0%	0%
Sodium 250mg		10%	13%
Potassium 200mg		6%	11%
Total Carbohydrate 44g		15%	17%
Dietary Fiber 5g		20%	20%
Sugars 11g			
Other Carbohydrate 28g			
Protein 5g			
Vitamin A		15%	20%
Vitamin C		0%	0%
Calcium		0%	15%
Iron		25%	25%
Vitamin D		10%	25%
Thiamin		25%	30%
Riboflavin		25%	35%
Niacin		25%	25%
Vitamin B ₆		25%	25%
Folic Acid		50%	50%
Vitamin B ₁₂		25%	35%
Phosphorus		15%	25%
Magnesium		15%	20%
Zinc		10%	15%
Copper		8%	8%
* Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	
		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Whole Wheat Cracker Label Example

Nutrition Facts			
Serving Size 7 crackers (31g)			
Servings Per Container			
Amount Per Serving			
Calories 140		Calories from Fat 45	
		%Daily Value *	
Total Fat	5g		8%
Saturated Fat	1g		4%
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	1g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	21g		7%
Dietary Fiber	3g		12%
Sugars	0g		
Protein	3g		
Vitamin A 0% • Vitamin C 0% • Calcium 0%			
Iron 6%			
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Snack Mix Label Example

Nutrition Facts	
Serving Size ½ cup (30g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 70
%Daily Value *	
Total Fat 8g	12%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% • Calcium 0%	
Iron 6%	
*Percent Daily Values are based on a 2000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g